



### Toolkit for Divorcing with Dignity

#### **Reflection Activity #7: Reflecting on taking a break**

For many people, going through a divorce can be an exceptionally stressful time. As with any difficult time, it is very important to take care of yourself in every way you can, and that includes doing things that help you relax or enjoy little things throughout your day. Below is a list of pleasant activities that can be used as ways to help you take your mind off stress. Feel free to come up with your own activities to add to the list if there are certain things that you've used to relax in stressful times in your past.

- Take a walk
- Play with your pet
- Call a friend
- Watch your favorite movie or show
- Listen to music
- Take a bath
- Read a book
- Paint your nails
- Go for a drive
- Play an instrument
- Meditate or pray
- Enjoy a warm shower
- Go to the gym
- Practice yoga
- Paint or draw a picture
- Write a poem or song
- Spend time with your children
- Complete a random act of kindness
- Ride a bike
- Get a haircut
- Try something new
- Tidy up the house (*if you find this relaxing!*)
- Go shopping
- Sit in the sun
- Plant some flowers or vegetables in a garden
- Visit a park
- Take yourself to a movie you've been wanting to see
- Get a massage
- Give a gift
- Take pictures of things that make you happy
- Volunteer in the community
- Cook a meal
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